

January 2021 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Location</p> <p>Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024</p>	<p>Menu subject to change</p> <p> Denotes meal with more than 1000 mg Sodium</p> <p>1% Milk Served Daily</p>			<p>1</p> <p>NEW YEAR'S DAY HOLIDAY — CLOSED</p> 
<p>4</p> <p> Spaghetti & Meatballs</p> <p>Whole Wheat Pasta Marinara Sauce Spinach WHOLE FRUIT</p>	<p>5</p> <p>Chicken Fajitas</p> <p>Mixed Rice Black Beans, Corn & Red Pepper ORANGE</p>	<p>6</p> <p>Fish Florentine</p> <p>On Spinach with Bechamel Sauce Parsley Potatoes, Tomato & Chickpea Stew, Whole Wheat Bread WHOLE FRUIT</p>	<p>7</p> <p>Chicken Cacciatore</p> <p>Wheat Pasta Broccoli & Carrots ORANGE</p>	<p>8</p> <p> Roast Beef</p> <p>Mashed Potatoes & Gravy Manhattan Blend Whole Wheat Bread WHOLE FRUIT</p>
<p>11</p> <p>Chicken & Sausage Paella with Shrimp</p> <p>Mixed Rice, Green Beans WHOLE FRUIT</p>	<p>12</p> <p>Meatloaf</p> <p>Mashed Potatoes, Gravy, Peas & Carrots, Corn Whole Wheat Bread WHOLE FRUIT</p>	<p>13</p> <p>Pork with Mushroom Cream Sauce</p> <p>Sweet Potatoes, Peas Whole Wheat Bread WHOLE FRUIT</p>	<p>14</p> <p>Sesame Ginger Chicken, Cabbage, Bamboo Shoots</p> <p>Mixed Rice California Vegetables ORANGE</p>	<p>15</p> <p> Hamburger</p> <p>Mushroom Sauce, Mashed Potatoes Baked Beans Whole Wheat Bread ORANGE</p>
<p>18</p> <p>MARTIN LUTHER KING JR. HOLIDAY CLOSED</p>	<p>19</p> <p>Sweet & Sour Chicken with Pineapple, Onions & Peppers, Mixed Rice</p> <p>Broccoli & Carrots WHOLE FRUIT</p>	<p>20</p> <p> Roast Turkey & Gravy, Mixed Grain Stuffing with Cranberries & Celery, Sweet Potatoes, Green Beans</p> <p>WHOLE FRUIT</p>	<p>21</p> <p>Chicken with Mushrooms</p> <p>Chicken Gravy, Mashed Potatoes, California Vegetables Whole Wheat Bread WHOLE FRUIT</p>	<p>22</p> <p>Cuban Ropa Vieja</p> <p>Shredded Beef & Pork with Onions, Peppers, Cilantro, Mixed Cumin Rice Black Beans & Corn ORANGE</p>
<p>25</p> <p>Chicken Alfredo</p> <p>Wheat Pasta Alfredo Sauce Spinach ORANGE</p>	<p>26</p> <p>Beef Burgundy with Potatoes</p> <p>Mixed Rice, Manhattan Blend WHOLE FRUIT</p>	<p>27</p> <p> Chicken Breast Patty</p> <p>Bearnaise Sauce, Parsley Potatoes, Broccoli Whole Wheat Bread WHOLE FRUIT</p>	<p>28</p> <p>Shepherd's Pie</p> <p>Mashed Potato Topping, Peas & Carrots, Corn Whole Wheat Bread WHOLE FRUIT</p>	<p>29</p> <p>Hawaiian Pork with Pineapple, Ginger, Cilantro</p> <p>Sweet Potatoes Green Beans WHOLE FRUIT</p>

SENIOR NUTRITION INFORMATION

RESERVATIONS



Call **760-943-2258**

by 9:00 a.m. the day before

your requested meal

For Monday meals, reservations need to be placed no later than 9 a.m. Friday.

Curbside Pickup

During the COVID-19 pandemic, meals are distributed via curbside pickup at the Encinitas Senior Center by trained staff wearing gloves and masks for your protection.

Lunch is distributed curbside from 11:30 a.m. to 12:30 p.m.

Monday through Friday except city holidays.

Please remain in your vehicle.

Meal Delivery

Eligible seniors living in Encinitas may request for their meal to be delivered by trained staff members adhering to COVID-19 health protocols. For more information please call 760-943-2258.

Menu subject to change without prior notice. The Encinitas Senior Center is located at 1140 Oakcrest Park Drive in Encinitas, CA 92024.

The Encinitas Senior Café is supported by the Older Americans Act grant funds, awarded through the County Aging & Independence Services, the City of Encinitas, and general meal donations.

No eligible person shall be denied a meal because of inability to contribute.